

July 30, 2023



THE IMAGE...

(Jn 12:45 & 14:9; Heb 1:3; Col 1:15)

www.stjohnofdamascus.org

Publication of St. John of Damascus Orthodox Church, Poway, CA

**8TH SUNDAY AFTER PENTECOST—TONE 7
APOSTLES SILAS & SILVANUS OF THE
SEVENTY, AND THOSE WITH THEM**

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Welcome!

...to all who have gathered to follow Jesus Christ & manifest the Kingdom of God in the Liturgy of His Church. If this is your first time with us, give us a chance to get to know you and fill out a visitor card.

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A Word from the Holy Fathers

Finally he said to them, "Bring them here to me." Although this was a deserted place, he that is here is ready to feed the world. The one who is speaking to you is not subject to time, even though "the day is now over."

In John's Gospel it is further related that these were loaves of barley. This is not mentioned accidentally but with the object of teaching us to trample under foot¹³ the pride of costly living. Such was also the diet of the prophets.

St John Chrysostom

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**Include Something in the Bulletin or
Be Included in our Weekly
(NEWS@StJohnofDamascus.org)**



ST. JOHN OF DAMASCUS ORTHODOX CHURCH + THE DIOCESE OF THE WEST + THE ORTHODOX CHURCH IN AMERICA

Parish Life

CHRISTIAN EDUCATION 2023-2024

THE LIFE OF THE CHURCH

Each year our parish education for children, youth & adults focuses on one of four themes: The Old Covenant (Testament), The Gospels, The Life of the Church, Sp. This year we will focus on the Life of the Church. This can include the Acts of the Apostles and epistles in Holy Scripture. It can also include writings and lives of saints, parts of Church history, including our history in North America as well as an other local Orthodox Church.

Classes will begin in September. If you have any ideas or questions please speak with Fr Michael.



Please Sign-up for Fellowship Hour

There are a number of Sundays that have openings for people to help with our Fellowship Meal after Liturgy.

We encourage groups of 4 to alleviate the cost of trying to feed our growing parish.

Simple meals are welcome!

If you have any questions speak with Linda Kedroff.



Monthly Memorial Today

Due to the many blessings taking place last week, we are moving our monthly memorial for our beloved departed to this week.

Please submit the names of your loved ones who have a connection to the month of July before next week's service.

Orthodox Christian Prison Ministry Awareness Sunday TODAY 7/30

America's tragically high incarceration rate (2.3 million) means that—chances are—more than one parishioner in your church has been touched by a person serving time in prison.

OCPM introduces prisoners to the fullness of the Orthodox Faith. And we help Orthodox Christians who have been convicted of crimes to return to the Orthodox faith and find healing and reconciliation. But we can't do this work without the support of our parishes. As the national prison ministry of the Orthodox Church, we are entirely funded through parish and individual support.

Please help us fulfill the commandment of our Lord to visit Him in prison (Matthew 25:36) by participating in this vital day of awareness.

Orthodox Christian Prison Ministry (OCPM) is an agency of the Assembly of Canonical Orthodox Bishops of the United States. For Orthodox Christians who have been arrested for crimes, OCPM helps them return to the Faith, offering forgiveness and reconciliation with Christ. For both Orthodox and non-Orthodox alike, OCPM provides spiritual care, enabling prisoners to find hope and purpose in their lives.



Purchase Gift Cards Through Our Scrip Coordinator & Help our Parish

Scrip gift cards raise money for St. John's Auxiliary. When you buy Scrip cards, the store makes a donation with NO extra expense. Use the cards for your regular monthly purchases or gifts for loved ones and support our parish's ministry. Cards are available for gas, groceries, Amazon, restaurants and many other stores.

See Carmen Brown after Liturgy for more information or to purchase your cards.

Parish Life

Viewing of Episode of The Chosen w/ Discussion Next Sunday (8/5)

Next Sunday around 12:20pm after Fellowship Hour we will have a viewing of season 1 episode 5 "The Wedding Gift" of the TV show "The Chosen" After the episode we will have a short discussion.

SUMMER IS HERE! HOLD ON TO YOUR FAITH

With summer comes much needed vacations and opportunities to do fun things with friends & loved ones. As you are planning your summer be sure to keep your faith in mind. Remember to attend to your prayer life, scripture reading, and reception of the holy Sacraments.

Some dates to remember...

	SUMMER FEASTS
August 6	Transfiguration
August 15	Dormition of the Theotokos
	SUMMER FASTS
August 1-14	Dormition Fast

Also, please do what you can to **maintain your much-needed offerings of time and talent as well as your pledges and contributions over the summer.** Unfortunately, our parish's expenses and needs do not decrease during the summer months. The water bill still needs to be paid. We still want to have fellowship meals after Liturgy on Sundays.

Regarding financial giving, people handle this differently. Some people make up for weeks away when they return. Other members keep their financial contributions regular by using their online banking system to write and send their donations to the mission each month automatically. The parish also has an online giving system on our website. Simply click the "DONATE" button.

Whatever works best for you, please keep your spiritual home in mind.

Online Giving System

We have an online giving system that enables people to be able to manage their giving to our church.

You can set up automatic ongoing donations each month to cover your pledges. You can also use the system to make occasional donations for things like charities, flowers, candles, memorial donations, etc. You can even pay for your bookstore purchases.

There is an option to cover the bank processing fees if you would like to do that.

Not only is this a convenience for you it helps reduce the work required of our Counters on Sundays

Visit www.stjohnofdamascus.org and click on **DONATE**



Scan with your phone to be taken to our secure online giving system.
You can set up 1-time or recurring gifts

Dates for 2023

FASTS

Dormition Fast	August 1-14
Nativity Fast/Advent	Nov 15-Dec 24

FAST-FREE WEEKS

After Christmas	Dec 25-Jan 4
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Today's Worship — Hymns

TROPARIA

Resurrection—Tone 7

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping into
joy.
And You commanded Your disciples, O Christ
God,
to proclaim that You are risen,//
granting the world great mercy.

St John of Damascus —Tone 8

Teacher of Orthodoxy, piety, & purity!
Enlightener of the universe!
& divine inspiration to monastics
by your teachings we are all enlightened,
& by your spiritual music, O all-wise John of
Damascus,
pray to Christ our God for the salvation of our
souls!

Apostles—Tone 3

Holy Apostles Silas and Silvanus,
entreat the merciful God//
to grant our souls forgiveness of transgressions!

KONTAKIA

Resurrection—Tone 7

The dominion of death can no longer hold men
captive,
for Christ descended, shattering and destroying
its powers.
Hell is bound, while the Prophets rejoice and cry:
“The Savior has come to those in faith;//
enter, you faithful, into the Resurrection!”

St John of Damascus — Tone 4

Let us the faithful sing praises to John,
worthy of great honor the composer of hymns.
The star & teacher of the Orthodox Faith,
the defender of its doctrine.
Through the might of the Lord's Cross he
overcame heretical error!
Now he is fervent in prayer to Christ God,
to grant forgiveness of our sins.

Apostles —Tone 4

You were revealed to be branches of the vine of
Christ, O wise ones,
bearing clusters of virtues that pour out on us the
wine of salvation.
Receiving it, we are filled with gladness,
and we celebrate your most honored memory,
Apostles of the Lord, Silas and
Silvanus://

Therefore, intercede that great mercy and
remission of sins may be granted to us.

Steadfast Protectress—Tone 6

Steadfast Protectress of Christians,
Constant advocate before the Creator:
Do not despise the cry of us sinners,
But in your goodness, come speedily to help us
who call on you in faith.

PROKEIMENON

Tone 7 (*Resurrection*) — The Lord shall give strength to His people. / The Lord shall bless His people with peace. (Ps. 28:11)

V. Offer to the Lord, O you sons of God! Offer young rams to the Lord! (Ps. 28:1a)

Today's Worship — Scripture Readings

Epistle — 1 Corinthians 1: 10-18

¹⁰ Now I beg you, brethren, through the Name of our Lord Jesus Christ, to all speak the same thing and that there be no divisions among you. Instead, may you be perfected together in the same mind and opinion. ¹¹ As it is, those who are from Chloe's household have informed me concerning you my brethren, that there are quarrels among you. ¹² Now I mean this: that each one of you says, "I follow Paul," "I follow Apollos," "I follow Kephas," or, "I follow Christ." ¹³ Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? ¹⁴ I thank God that I baptized none of you, except Crispus and Gaius, ¹⁵ so that no one should say that I baptized you into my own name. ¹⁶ (I also baptized the household of Stephanas; besides them, I do not know whether I baptized any other.) ¹⁷ Indeed, Christ did not send me to baptize but to preach the Good News—not in wisdom of words, so that the cross of Christ would not be made void. ¹⁸ For the word of the cross is foolishness to those who are dying, but to us who are being saved it is the power of God.

Gospel — Matthew 14: 14-22

¹⁴ Jesus went out and saw that there was a great crowd. He had compassion on them and healed their sick. ¹⁵ When evening came, his disciples came to him and said, "This place is deserted, and the hour is already late. Send the crowds away so that they may go into the villages and buy food for themselves." ¹⁶ But Jesus said to them, "They do not need to go away. You give them something to eat." ¹⁷ They replied, "We only have here five loaves and two fish!" ¹⁸ Jesus said, "Bring them to me." ¹⁹ Having instructed the crowds to sit down on the grass, he took the five loaves and the two fish. Looking up to heaven, he blessed, broke and gave the loaves to the disciples, and the disciples distributed it to the multitudes. ²⁰ And so, everyone ate and was satisfied. His disciples gathered up twelve baskets full of what remained left over from the broken pieces. ²¹ Those who ate were about five thousand men, besides women and children. ²² Immediately after this, Jesus made his disciples get into the boat and told them to go ahead of him to the other side, while he would send the crowds away.

ALLELUIA

Tone 7 — V. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps. 91:1)

V. To declare Your mercy in the morning, and Your truth by night. (Ps. 91:2a)

Our Life in Christ—Prayer for When You Cannot Attend Liturgy



Orthodox Christian
PRISON MINISTRY

PRISON MINISTRY AWARENESS SUNDAY

Did you know that there are Orthodox Christians practicing their faith in prison?

Or that there are prisoners who are ready to repent of their crimes and embrace the Orthodox Church?

Who will minister to them?

Orthodox Christian Prison Ministry (OCPM) is the national prison ministry of the Orthodox Church. OCPM corresponds with thousands of prisoners across the country and provides spiritual books, Bibles, icons, and catechism courses. OCPM trains Orthodox priests and laypeople to enter prisons and minister to prisoners.



3,881

TOTAL PRISONERS MINISTERED TO

51,188

BIBLE STUDIES, DAILY READINGS, AND SPIRITUAL REFLECTIONS SENT IN 2022

*"I was in prison,
and you visited Me."
Matthew 25:36*

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New York, NY 10001

347-868-6957
info@theoCPM.org

WWW.THEOCPM.ORG



ASSEMBLY OF CANONICAL
ORTHODOX BISHOPS
OF THE UNITED STATES OF AMERICA

Our Life in Christ—The Dormition Fast (Aug 1-14)

The Dormition fast was established as preceding the great feasts of the Transfiguration of the Lord and of the Dormition of the Mother of God. It lasts two weeks—from August 1/14–August 14/27 (old style/new style).

The Dormition fast comes down to us from the early days of Christianity.

We find a clear reference to the Dormition fast in a conversation of Leo the Great from around the year 450 A.D. “The Church fasts are situated in the year in such a way that a special abstinence is prescribed for each time. Thus, for spring there is the spring fast]—the Forty Days[Great Lent; for summer there is the summer fast... [the Apostles’ fast]; for autumn there is the autumn fast, in the seventh month [Dormition fast]; for winter there is the winter fast [Nativity fast].”

St. Symeon of Thessalonica writes that, “The fast in August [Dormition fast] was established in honor of the Mother of God the Word; Who, foreknowing Her repose, ascetically labored and fasted for us as always, although She was holy and immaculate, and had no need for fasting. Thus, She especially prayed for us in preparation for being transported from this life to the future life, when Her blessed soul would be united through the Divine spirit with Her Son. Therefore, we also should fast and praise Her, emulating Her life, urging Her thereby to pray for us. Some, by the way, say that this fast was instituted on the occasion of two feasts—the Transfiguration and the Dormition. I also consider it necessary to remember these two feasts—one which gives us light, and the other which is merciful to us and intercedes for us.”

The spiritual fast is closely united with the bodily, just as our soul is united with the body, penetrates it, enlivens it, and makes one united whole with it, as the soul and body make one living human being. Therefore, in fasting bodily we must at the same time fast spiritually: “Brothers, in fasting bodily let us also fast spiritually, severing all union with unrighteousness,” the Holy Church enjoins us.

The main thing In fasting bodily is restraint from abundant, tasty and sweet foods; the main thing in fasting spiritually is restraint from passionate, sinful movements that indulge our sensual inclinations and vices. The former is renunciation of the more lavish foods for fasting food,; the latter is the renunciation of our favorite sins in order that we may exercise the virtues which oppose them.

The essence of the fast is expressed in the following Church hymn: “If you fast from food, my soul, but are not purified of the passions, in vain do we comfort ourselves by not eating. For if the fast does not bring correction, then it will be hateful to God as false, and you will be like unto the evil demons, who never eat.”

Ἡ ΚΟΙΜΗΣΙΣ ΤΗΣ ΘΕΟΤΟΚΟΥ





LOOKING AHEAD

*The following are services & parish events **IN ADDITION** to the usual weekend services (Sat 6pm & Sun 8:30am).*

Mon July 31

6:00pm — Orthodox Christianity 101 (Cancelled due to Fr Michael Medical Procedure)

Tues Aug 1

7:00pm — Parish Council Meeting

Wed Aug 2

10:30am — Father's Café

Sat Aug 5 (Eve of Transfiguration)

6:00pm — Great Vespers & Litya for Transfiguration of our Lord

Sun Aug 6—Transfiguration of our Lord

8:30am Hours, 9:00am Divine Liturgy w/ Blessing of Fruit

For more dates & links please visit our website: www.stjohnofdamascus.org/calendar

Confessions are held on Saturdays after Great Vespers or by appointment with Fr Michael.

Many Years!

Name Day

Archbishop BENJAMIN 7/31

Birthdays

Olga Bishaev 7/30

Nataša Vuskovich 8/1

Margie Marie Hicks, Alan Martot 8/2

Igor Bishaev 8/4

Lilian Coyle 8/5

PARISH CONTACT INFO:

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Priest: V. Rev. Michael Anderson, Rector

Email: powaypadre@stjohnofdamascus.org — **Phone:** (858) 717-2172

Attached Clergy: V. Rev. Alexander Federoff, Retired & Dn. George Shumaik

ST. JOHN OF DAMASCUS CHURCH + THE DIOCESE OF THE WEST + THE ORTHODOX CHURCH IN AMERICA